

Eden Valley Cycling and Cafe Gazetteer.



Gazetteer Info		Created :	23/04/2015				
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Sort					Ride Groupings		
Ref	Placename	Location	Description	A	B	C	D
1	Abbott Lodge	(90 / NY 543 246)	Farm producing Jersey Ice Cream since 2002. Play areas. Calf viewing. Was home of the Abbott family in 1780's. To day the farm belongs to the Lowther estate. Open 11 am to 5 pm daily. Also explore Larch Cottage Nurseries nearby at Melkinthorpe (NY 91 556 251) [Gazetteer entry No. 45]			C01	D03
2	Acorn Bank NT	(91 / NY 617 282)	House with walled gardens. Orchards & herb garden. Woodland paths & watermill. Tea room. Open 11 am to 4 pm (Tea room 11 am to 4:30 pm)			C01	
3	Aira Force NT	(90 / NY400 201)	A famous Lake District waterfall falling 70 feet underneath a stone footbridge. It provides a glimpse of a landscaped Victorian park with dramatic waterfalls, arboretum and rocks scenery standing on land now owned by the National Trust. There is a cafe by the large car park, which contains public toilets and information panels describing the area and its history.			C02	
4	Alston	(91 / NY 717 465)	High up in the North Pennines, Alston claims to be the highest market town in England at 1000 feet above sea level. It is remote being about 20 miles from the nearest town in all direction, accessed via broad, heather-clad Pennine landscapes it stands on the upper reaches of the River South Tyne. The steep cobbled main street has a distinctive market cross, many old buildings, several shops cafes & pubs. The South Tyndale narrow gauge railway (86 / NY 717 467) which operates on Tue, Thur, Sat & Sun) stands on the track bed of the closed Haltwhistle to Alston standard gauge railway. The surrounding Alston Moor grew as a lead mining community with Alston town serving the mining families. The Pennine Way passes through the town.	A02, A03			
5	Ambleside	(90 / NY 375 042)	The major Tourist town in on Windermere with shops, hotels and restaurants, and is one of the best town bases for exploring the Lake District.	A04			
6	Appleby in Westmorland	(91 / NY 685 198)	Was county town of Westmorland. Main industries- tourism and the sale of farm goods from the surrounding area. A number of cafes, grocery & butchers shops & buildings of historical interest. Two public toilets – one near the Moot Hall & the other in the main car park. A Norman castle keep (Caesar's Tower) stands high above the River Eden. In 13 th century the Clifford family owned the castle & held it for 400 years. Now in privatel ownership & closed in Summer. The Moot Hall dates from 1179 and the present building is of Tudor origin. It's ground floor houses the Tourist Information Centre with a council chamber in the room above. The colourful horse fair in June is a major gathering for travelling people who attend for horse sales and the washing of horses in the river. Parish church St Laurance's a Grade 1 listed building contains Lady Anne Clifford's vault. Flood repairs in March 2015 required her vault to be uncovered and a wreath was placed on the lead coffin. Appleby stands on the Settle Carlisle line opened by the Midland Railway Co. in 1876.	A02, A05	B01		
7	Armathwaite	(86 / NY 506 462)	A pleasant village on the river Eden one of England's finest salmon and trout rivers with superb walks. It stands on the Settle to Carlisle railway line. The castle on the west bank of the river was originally a pele tower with a large but undistinguished Edwardian extension. There is a Shop / PO in the village. The Fox and Pheasant Inn has lunch time openings with meals and serves evening meals. The Dukes Head Inn has limited lunch opening hours & has evening meal openings.		B05	C03, C04	
8	Askham	(90 / NY 513 237)	Askham is one of the most attractive villages in the former county of Westmorland adjoining the River Lowther. It contains many whitewashed cottages either side of the two village greens. Opposite the church (St Peter's) is Askham Hall, a 14th century Pele tower converted into an Elizabethan mansion. The Hall has been the home of Lord Lonsdale since the dismantling of nearby Lowther Castle. The Hall Gardens and Café are now open to the public. Two pubs – the 17th century Queen's Head, and the 18th century Punch Bowl retain many original features. There is a Village store near the Queens Arms.		B01, B03	C02	D05
9	Bassenthwaite Village	(90 / NY 230 332)	Small village not far from Bassenthwaite Lake, under the shadow of the Skiddaw massif. Containing just a single pub. An agricultural community, with two farms within the village & number of holiday homes. Has a green, primary school, church and a stream running through it.		B04		
9(a)	Bassenthwaite Distillery	(89 / NY 196 320)	The Lakes Distillery (near Bassenthwaite Lake) located in a renovated Victorian Model Farm in a setting comparable typical of Scottish distilleries opened in Dec 2014. Water from the River Derwent contains vital constituents for use in the distillation. There is a Bar / Bistro on site serving meals daily.	A06			
10	Bowness on Solway	(85 / NY 222 626)	Village on Solway Coast an Area of Outstanding Natural Beauty with a variety of bird life & flora. The start & finish of Hadrian's Wall walk, with signage, shelter & mosaic floor on shoreline (85 / NY 222 628) can be seen via alley pathway access. The Kings Arms open from 12:00 to 24:00 serves meals 17:00 to 20:30. Nearby the Wallsend Tearoom is open daily 86 / NY 225 625).	A01			

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11	Brough	(91 / NY 795 146)	At the foot of the Pennines an 18 th and 19 th century coaching town that used to have over ten inns. The northern part of the town (Market Brough) has a wide long street on a medieval road, whilst the southern part (Church Brough) has a Norman Castle (in ruins), St Michael's Church, a square and maypole. Chofhs Café between town market cross / clock A66 flyover (closed Sun), Toilets near café. The village store serves vended drinks & snacks 7/7.	A05			
12	Brougham Castle	(90 / NY 539 289)	Built on the site of Roman fort on banks of the River Eamont in the care of English Heritage The Vieuxpoint family used the site to build their castle, the ruins of which can still be seen. By 1268 the castle passed to Robert Clifford, whose father Roger became Lord of Brougham when he married Robert Vieuxpoint's great-granddaughter. Robert Clifford carried out much work at Brougham to strengthen the defences. In 1643 Lady Anne Clifford inherited the Clifford Estate. In 1649 aged 60 year she spent the next 26 years rebuilding churches and castles. Skipton, Pendragon, Appleby, Brough and Brougham Castles to their former glory. She died at Brougham Castle in 1676, in the room where her father had been born. After this the castle fell into ruin. The keep is the oldest part of the castle still standing; the bottom three stories are from about 1175. The keep and rooms which include the castle's hall on the first floor, the lord's chamber on the second floor where Lady Anne slept can be viewed. On the third floor is a passage all the way round within the walls from which there are impressive views.	A02, A05	B02, B03	C01, C02	D01, D05
13	Brougham Hall	(90 / NY 528 283)	Built in the 14th century. Rescued from dereliction currently under restoration, home to an array of arts and craft workshops and businesses, a café (Bettyann's Tea Parlour) and a brewery. Open from 10am to 5pm. The site was initially owned by the de Burgham family, a possible forerunner to the Brougham name. The Brougham family became extinct in 1608 and after many changes of ownership, the estate eventually passed into the hands of Lady Anne Clifford in 1651 who carried out extensive renovations. Upon her death it passed to her agent James Bird. The Hall was re-acquired by Brougham the family in 1726 and was largely rebuilt from 1829 to 1847 and again in the 1860s. Brougham Hall reached its zenith in Victorian times when it acquired the name of ' the Windsor of the North' owing to royal visits by King Edward VII and his son, the future King George VI, who became regular guests between 1857 and 1905. The Hall passed out of the ownership of the Brougham family in 1934 and fell into decay. Abandoned and roofless it was used for weapons development in WWII resulting in further decay. Ongoing restoration work is giving a new lease of life to this remarkable building.		B02,B03	C02	D01, D05
14	Buttermere Village	(90 / NY 175 169)	Small hamlet between the lakes Buttermere and Crummock Water, which were originally a single post-glacial lake. There are two small hotels / pubs in Buttermere – The Fish Hotel and a tea shop. Buttermere lake owned by The National Trust is 1 ½ miles long, ¾ mile wide and 75 feet deep; it's name means "the lake by the dairy pastures". Mary Robinson, the stunning daughter of the Fish Hotel's landlord, became known as the "Beauty of Buttermere". She married an military imposter & bigamist who was hanged for forgery. Mary is interred in St Kentigern's Church Caldbeck (Gazetteer Ref No. 15)	A06			
15	Caldbeck	(90 / NY 325 398)	Fell village on Northern edge of the Lake District. Conservation area where ponies, sheep & ducks roam freely. Named after river (Cald Beck) on which it stands. The river and its tributaries provided the water for the industrial development of the area in the 17th and 18th centuries. The village still reflects this former industrial activity with many of the old buildings still in use. Priest's Mill has a waterwheel in working order & houses a Café with shops and workshops attached. An Old Forge houses a tearoom / café, the Oddfellows Arms serves meals daily, the Kirkland Store / PO opens daily, a Fair Trade shop has limited opening hours. Public toilet's face the Old Forge café. St Kentigern's Church is the resting place of the local huntsman, John Peel. "D'ye Ken John Peel" and Mary Harrison (Maid of Buttermere). The "Roughton Stone" is memorial to those who worked in the mines of Roughton Gill. The stone was used in the 19 th century to process minerals. Just up from the village duck pond, a short walk following the river to the Howk, a limestone gorge containing beautiful waterfalls & ruins of the old Bobbin Mill.	A06	B04, B06	C05	
16	Carlisle	(85 / NY 400 564)	Carlisle (The Border City) is the main shopping, commercial and industrial centre in the northern half of Cumbria. The Romans established a settlement here – primarily to serve the forts on Hadrian's Wall. In the 12th century, King Henry I allowed the founding of a religious establishment, later as a diocese the Priory became a Cathedral. Carlisle Castle now over 900 years old is a museum displaying the history of several local regiments. Because of its strategic position, Carlisle became a great 19th century railway city, with seven independent railway companies sharing Carlisle Citadel Station and goods yards. Carlisle is the northern end of the famous 72 mile Settle-Carlisle Railway. Steam trains are often seen at Carlisle station on special charter trips. Tullie House a private house has been adapted finest provincial museums in the country. The original southern entrance to the City (Botchergate) was last replaced in the 19th Century, with two towers known as the Citadel designed by Thomas Telford and Sir Robert Smirke as assize courts and a prison. FOR MORE INFORMATION VISIT THE CARLISLE TOURIST INFORMATION OFFICE		B05		

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17	Countess Pillar	(90 / NY 546 289)	Erected by Lady Anne Clifford in 1656 to mark the spot where, in 1616, she said goodbye to her mother Margaret just before her mother's death. It is a simple column of stone topped by a painted, four-faceted sundial, topped with a gilded cupola acting as a sundial, it marks a important point in Lady Anne's emotional life since she was absent from her mother's deathbed. The flat " Dole stone " beside the pillar is where alms was given to poor of the parish each year on the anniversary of Lady Anne's parting from her mother. Both Lady Anne and her mother are buried in the parish church of Appleby				D01, D03
18	Crosby Ravensworth	(91 / NY 622 148)	Small village in lovely peaceful setting beside the Dalebanks Beck. In St Lawrence's churchyard stands a 7 th Century cross and several interesting tombstones, including that of Henry Morris, once president of the Cyclists Touring Club . The Butchers Arms pub when open serves food [Closed Mondays) open Tue / Wed (evenings only), Thur / Fri (lunchtimes & evenings), Sat / Sun Lunch through to evening)]	A02	B01, B02		
19	Culgaith	(90 / NY 610 291)	Culgaith Parish is in the Eden Valley sits under the highest point of the Pennines, Cross Fell. The Parish comprises 4 communities – Culgaith the largest village, Skirwith, Blencarn and the hamlet of Kirkland. Culgaith stands on the Settle – Carlisle railway the station beside the level crossing was closed in 1970 .There is one pub in Culgaith, The Black Swan, which offers food and accommodation. Mrs Millers Tearoom at Hazel Dene Garden Centre (near the railway level crossing) provides morning coffee, lunches and afternoon tea, and is designed to reflect the Golden Age of Steam, being decorated with Railway memorabilia. Teas are available at the Victoria Hall (Thurs afternoons only) at the main village T junction. Just outside the village is Acorn Bank NT (Gazetteer Ref 3) - house, with a Walled Garden, restored mill, riverside walk, and Winderwath gardens.		B03	C01	
20	Dalemain	(90 / NY 477 269)	The house is a mix of architectural styles – a 12 th century pele tower converted to a manor, with two Elizabethan wings added later. A Georgian façade was added in the mid 18 th century. Many parts of the house are a confusion of passages, stairways, unexpected rooms – the sort of house children would love to play in. Part of the charm of Dalemain is that it is still a family home, occupied by the same family for more than 300 years. The house is complemented by its magnificent park with gardens containing many rare plants. There is a restaurant and gift shop, and three museums within the grounds. The gardens have free entry for RHS Members at specific times of the year.				
21	Dalston	(90 / NY 369 501)	A dormitory of Carlisle whose former prosperity was based on cotton and flax industries. Stands on the River Caldew the second largest river in the area. The village square, which is not square, has a number of small 18th century houses, a range of shops, cafes and pub. There are public toilets facing the Coop store.		B05		
22	Dufton	(90 / NY 689 250)	Attractive village with many 17th, 18th & 19 th century houses that border a rectangular green, with avenue of lime trees and the remains of a water fountain . It nestles below Cross Fell the highest point on the Pennines. Lead mining was an important industry in the 1800's.It lies on both the Pennine Way and Cumbria Cycle Way. At the centre of the " Helm Wind " area – one of the best examples in Britain of a 'local wind' – a phenomenon caused by cold easterly air rising over Cross Fell then rushing down the steep escarpment where it meets warm air, which rises and causes a turbulent air-stream. At times, this wind literally roars across the surrounding hills at speeds of up to 80 miles per hour. Beside the green, the " Post Box Pantry " serves drinks & food daily (except Thursdays) , the Stag Inn also serves meals.. The Youth Hostel is popular with walkers.		B01		
23	Eamont Bridge	(90 / NY 523 286)	A suburb of Penrith with many historic houses and inns used by drovers and travellers, for whom the village was the crossing point of the River Eamont. The river straddles the boundary between the traditional counties of Cumberland and Westmorland. There are two ancient sites or henges in the village – the earthwork known as King Arthur's Round Table (90 / NY 523 284), and the now single standing stone of Mayburgh Henge (90 / NY 519 284). Mayburgh is believed to have been at one time a stone circle. Both sites are under the protection of English Heritage. Near to these is the Eden Millennium Monument, installed in the year 2000.				D03, D05
24	Glasson - Highland Laddie	(85 / NY 252 604)	A hamlet on the Solway coast standing on Hadrian's Wall footpath route. The Highland Laddie a traditional public house open daily is a welcome stop. The licensee is a keen line fisherman and practices the 1000 year old Norse tradition of Haaf net fishing for salmon and other fish in the Solway. Fresh fish features on the menu & Haaf net fishing trips can be arranged at the pub.		B06		
25	Glenridding	(90 / NY 387 169)	This small tourist village at the southern end of Ullswater lies near the foot of Kirkstone Pass. The name Glenridding means "glen overgrown with bracken". The village has a number of cafes, shops and hotels. There are public toilets near the lakeside. Both Glenridding and nearby Patterdale village are popular walking centres for access to the fells and the more leisurely pastime of cruising along Ullswater on one of the steamers.	A04			
26	Grange in Borrowdale	(90 / NY 253 175)	Village situated at the entrance to the 'Jaws of Borrowdale', where the valley squeezes between Grange Fell and Castle Crag. There is an impressive double-arched bridge over the River Derwent. Two cafes are welcome stops on long rides. A famous feature nearby The Bowder Stone (90 / NY 254 164) 1 mile south on the B5289 a rock of 2000 tons 30 ft high and 50 feet across resting in a delicate state of balance. It not a local fallen rock and was probably carried here by glaciers of the Ice Age.	A06			

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27	Grasmere Village	(90 / NY 337 077)	Probably Cumbria's most popular village, thanks to William Wordsworth's presence there for many years. Grasmere is totally given over to the tourist industry, with plenty of gift shops, and places to eat and stay. The public toilets are free paying. Most buildings date from the 19 th or early 20 th Century, some nearby farms are much older. The St Oswald's Church dates from the 13th Century and on the Sat nearest Aug 5 th (St Oswald's Day) a " Rush bearing Festival " takes place. This custom is from the days when the earthen floor of the church was strewn with rushes for warmth and cleanliness. Grasmere Sports Day is one of the oldest and most popular traditional events in the Lake District.	A04			
28	Greystoke	(90 / NY 440 309)	Greystoke Castle home of the Howard family (Dukes of Norfolk). Village has PO / store / tearoom, Boot & Shoe Inn. Poplin Dub cyclists café / barn (300 yards North of X roads). There are toilets in the Village Hall near phone box adjacent to PO.	A04	B04	C05	D06
29	Greystoke Pillar	(90 / NY 493 297)	Late 18 century monument for the 11th Duke of Norfolk. Reeded pink sandstone ashlar. Square base and plinth with coat-of-arms of the Howard family of Greystoke Castle. Tapering octagonal obelisk on top with a fillet. O.S. bench mark on one side. English Heritage Grade : II listed structure.			C05	D01, D02, D06
30	Hallbankgate	(86 / NY 580 596)	Belted Will public house and the Convenience grocery Store welcome stops on long rides.	A03			
31	Hartside Top Café	(86 / NY 647 418)	At summit height of 1904 ft (the Highest café in England) it is a welcome stop on long rides. Open 09:00 to 17:00. Stage 5 of The Tour of Britain on Thur 10 th Sept 2015 finishes at Hartside Summit after ascending on the A686 from Penrith. Popular with motorcyclists. In clear weather there are panoramic views west & NW over Lakeland Fells & towards The Solway.	A03, A05			
32	Haweswater & Hotel	(90 / NY 483 138)	Manchester Corporation obtained permission to build the reservoir in the valley of Mardale to supply water to urban conurbations in the NW. Construction started in 1929. There was much public outcry about flooding the valley with the loss of both Mardale Green and Measand villages in a valley considered one of the most picturesque in Westmorland. Haweswater is 4 miles long and 1/2 mile wide, and has a maximum depth of 200 feet. The concrete dam at Burnbanks of some 1550 feet width and 120 feet height raised the lake level by 95 feet. At times of drought, when the water level is low, many people go back to see what is left of the village of Mardale. The Haweswater Hotel (90 / NY 483 139) serves tea, coffee & cakes, & light meals in bar plus full meals and has a good views of the reservoir and surrounding fells. A pictorial history of building the reservoir and the building workers settlement at Burnbanks can be seen in the hotel bar.		B03		
33	Heskett Newmarket	(90 / NY 340 385)	Small village on northern edge of the Lake District National Park with a quiet main street, village shop PO / small cafe, a pub, a covered market cross and a strange hall. It is a collection of mainly 18th century cottages, gathered around a village green. The Old Crown Inn & Microbrewery were taken over in 1999 by a local Cooperative to ensure their survival. The beers brewed on the site have made the inn a Mecca for real ale enthusiasts and are sold to the licensed trade and retailed to the public. Prince Charles has visited the inn a number of times to Sample the ales. Heskett Hall is a square house with a large central chimney, built in about 1630 for Sir Wilfred Laws MP for Cockermouth. The shape of the house is all angles and annexes – the story goes that it was built this way so that shadows from the twelve corners of the building act as a sundial	A01, A06	B04, B06	C05	
34	Honister Pass & Slate Mine	(90 / NY 225 136)	The Honister Pass links Seatoller, in the valley of Borrowdale, to Gatesgarth at the southern end of Buttermere. Reaching an altitude of 1,167 feet (356 m), makes it one of the highest in the region, it is also one of the steepest, with gradients of up to 1 in 4 (25%). The Honister Slate Mine and Honister House Youth Hostel are at the summit of the pass. Refreshments are available at a Cafe, there is a gift shop and showroom, and a visitor centre showing the mines history. The centre is open all year round seven days a week	A06			
35	Hutton in the Forest	(91 / NY 460 360)	Historic home of Lord & Lady Inglewood, Hutton-in-the-Forest is surrounded by magnificent woodland of the medieval forest of Inglewood. Originally a medieval stronghold with a pele tower, succeeding generations have altered and added to the house that now has variety of architectural and decorative styles from the 17th century to the present day. The gardens contain some excellent tree specimens and a large collection of herbaceous plants. The House and Cloisters Tea Rooms are open on Wed, Thur and Sun. The garden & grounds open daily from 10 am to 5 pm (except Sat). A guided walk of the site of the WWII airfield on the estate is to be held on Sun 23 rd Aug 2015 between 11:30 and 13:00.	A03			D04

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36	Keswick Town & Lakeside	(90 / NY 269 238)	Situated between the huge bulk of Skiddaw and the gentle beauty of Derwentwater. This market town is a major centre for tourism with a wide range of shops, restaurants & museums. The Moot Hall in the centre of the Main Street houses a Tourist Information Centre. There are public toilets near the Lakeside Theatre & in the town centre. The towns early rural economy was transformed in the 16 th century by the discovery of copper and black lead (graphite) nearby. Graphite sparked off pencil making in the town. To day, pencils are manufactured in a large modern factory in West Cumbria using imported graphite. The closed Pencil works is now Museum tells the history of pencil making in the town. A purpose built " Theatre by the Lake " between the lakeside car-park and Derwentwater stages a variety of plays and musical events. South of the theatre Friars Crag on the lakeside gives spectacular views south to Borrowdale. Memorials to Poet John Ruskin and Canon Rawnsley stand on the crag. Rawnsley was one of the co-founders of the National Trust who now own much land in the area.	A06	B04		
37	Kirkby Stephen	(91 / NY 774 085)	A market town at the head of the Eden Valley with a full range of shops and cafés. The Pink Geranium and The Mulberry Bush are popular cyclists café in Market Street. There are public toilets near the Cloisters. The Market Square has cobble-stones and is surrounded by many buildings of historical and architectural significance. The Cloisters were built in 1810 to provide shelter for churchgoers and market people. About a mile and a half out of town is Kirkby Stephen Station on the Carlisle Settle Railway. There used to be another line through the town, The Stainmore Railway, from Tebay to Darlington, but this closed in 1962. The East Station has been restored as a railway heritage centre. The Coast to Coast Walk passes through the town.	A02			
38	Kirkoswald	(91 / NY 555 412)	An ex market town that derives its name from the church of St Oswald. A unique feature of the church is a 19th Century bell tower perched on a hill top. The tower may have been here as long as the Church at the foot of the hill, so villagers could hear the bell to warn of the approach of Scots raiders, as well as summoning them to Church. With the opening of the Settle Carlisle Railway, the market moved to Lazonby station on the opposite side of the River Eden. There are two public houses – Fetherstone Arms(Pub of the year finalist 2015) [Open - Mon - Fri 16.00 – midnight , Sat & Sun 12.00 - midnight Food Served : Wednesday - Friday 17.00 - 21.00 , Sat & Sun 12.00 - 14.00 & 17.30 - 21.00 [no food on Mon or Tue] Crown Inn - Opening Hours (Food Served)Monday to Tuesday18:00 - 21:00 Thursday to Sunday 18:00 - 21:00Friday to Sunday12:00 - 14:30. The Ravensbridge Post Office / Store is under sale offer and may not be trading at present.	A03		C03	D07
39	Langwathby	(90 / NY 569 337)	Stands on large green bordered by cottages, farmhouses, village hall, Store / PO and a pub, the Shepherd's Inn. Beside green is St Peter's Church, built in 1718, but with some parts inside dating from medieval times. Children still dance around a maypole on the green on the third Saturday in May. The May Dance was a festival in honour of Flora (the goddess of flowers), and celebrated the rite of spring. A Bailey bridge over the River Eden was built in 1968 to replace the sandstone bridge swept away by floods. It was meant to be temporary and is listed in the Guinness book of Records as the longest lasting temporary bridge in the country. . Annual Scarecrow Festival one weekend in July. The Cumbrian base of the Great North Air Ambulance is by Langwathby Station. Visit Little Salkeld 1 mile away to see watermill and Long Meg Stone Circle (Gazetteer entries 41 & 43).	A03, A05	B01, B03	C01, C04	D07, D08
40	Lazonby	(90 / NY 549 397)	Lower Eden valley village on Settle – Carlisle Railway whose station was one of the busiest goods stations on the line, dominated by livestock traffic. The goods shed and main station building have now been taken over by the thriving bakery business – Bells of Lazonby. The Coop food and general store includes a Post Office & Public Library. The Midland Railway Hotel serves meals. The church St Nicholas was built in 1863. Between Lazonby and Kirkoswald, a fine sandstone Bridge crosses the River Eden. Public open air swimming pool by river.	A03		C03	D07
41	Little Salkeld	(90 / NY 567 360)	Delightful hamlet with a fully operational watermill and ancient stone circle. Little Salkeld Watermill is Cumbria's only fully operational watermill producing stone-ground organic flours by water power. There are mill tours, a mill shop, and a tearoom famous for its delicious wholefood vegetarian cooking and baking. Long Meg & Her Daughters is one of the finest stone circles in the north of England, the circle has a diameter of about 350 feet, the second biggest in the country. Nearby is Little Meg – one of the smallest stone circles. Colonel Lacy, of Salkeld Hall, famous for once trying to blow up the stones of Long Meg Stone Circle, carved five chambers out of the sandstone cliffs by the River Eden. Now known as Lacy's Caves, they form part of a circuitous walk which includes Long Meg and her Daughters and the flour mill.	A03		C04	D07
42	Llama Karma Café	(90 / NY 547 289)	Quirky and unusual bistro style Kafé and Zoo. Home made locally sourced foods. Funky gifts, crafts and Peruvian clothing. Menus to suit all tastes extensive vegetarian and gluten free choices. See Llamas watching you through the window while you eat !. Situated on the A66 adjacent to the Countess Pillar (See Gazetteer entry 17). Safe cycling access via track from Countess Pillar and Brougham Castle.				D01, D03

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43	Long Meg & Little Meg nearby	(90 / NY 571 372)	Second biggest stone circle in the country (350 ft diameter). Long Meg is the tallest of the 69 stones, about 12 feet high, with three mysterious symbols, its four corners facing the points of the compass and standing some 60 feet outside the circle. The site probably dates from 1500 BC. Likely to have been used as a meeting place or for some form of religious ritual. Long Meg is made of local red sandstone, whereas the daughters are boulders of Rhyolite, a form of granite. Legend claims that Long Meg was a witch who with her daughters, was turned to stone for profaning the Sabbath, as they danced wildly on the moor. The circle is supposedly endowed with magic, so that it is impossible to count the same number of stones twice, but if you do then the magic is broken. Site subject to recent TV archaeological dig on Countryfile. Nearby to the North-East of Long Meg is one of the smallest stone circles named Little Meg (90 / NY 577 375) – access across field on foot.			C04	D07
44	Lowther Castle	(90 / NY 524 239)	The village of Lowther has been home to the Lowther (Lonsdale) family since 1283 and the castle their seat their for many generations. After the death of the 5 th Earl, the Castle was abandoned, the interior was dismantled, and only the walls left standing. A Cafe and Shop situated in the castle stable courtyard with free access are open every day from 10am to 4.00 pm. A Bird of Prey Centre is open daily between 11:30 and 17:00 with flying displays between 14:00 and 16:00 (weather permitting). The 5 th Earl a sportsman and explorer donated the original Lonsdale Belts for boxing and founded the Automobile Association (AA). He was known Yellow Earl because he liked the colour, which is why it features in the AA's livery. Since the dismantling of Lowther Castle, Askham Hall in Askham village has been the home of Lord Lonsdale.		B02		D03
45	Melkinthorpe	(90 / NY 556 251)	Larch Cottage Nurseries - Gardens, Bistro / Café , Red Barn Gallery. Quirky garden nurseries with Italianesque buildings, sculptures and chapel. Open 10 am to 5 pm. Children will enjoy exploring the garden nurseries.			C01	D03
46	Melmerby	(91 / NY 615 374)	Picturesque village nestling at the foot of the Pennines. Although villagers still have grazing rights on green, it is mainly used by travellers en route to the Appleby Horse Fair in June each year. The Village Bakery is an organic bakery and restaurant open daily and the village shop also open daily has café facilities. The Old School (91 / NY 613 374) by the green with a quirky clock tower is now a private house. The Church of St John the Baptist (91 / NY 611 375) is a 13th Century building of red sandstone.	A03, A05			D08
47	Middleton in Teesdale	(91 / NY 848 254)	A small market town in Upper Teesdale (County Durham) with a number of shops cafes and pubs and was a 19 th century lead mining centre. There are public toilets in Chapel Row (facing war memorial). Middleton stands on the Pennine Way and has links to the early Co-operative Society and may pre-date the Rochdale Pioneers. There are several Methodist chapels in the town.	A05			
48	Mirehouse	(90 / NY 234 282)	An historic house and gardens facing Bassenthwaite Lake, with Dodd Wood and Skiddaw at the rear. The gardens contain adventure playgrounds, varied sheltered gardens and lakeside walks. The house has many literary and artistic connections. Café & public Toilets at Old Dodd Wood Sawmill opposite Mirehouse.		B04		
49	Morland	(90 / NY 598 225)	Charming village in Vale of Lyvennet stands on Morland Beck adjacent to main street (aptly named Water Street). Enjoy refreshments & meals at Mill Yard Café & Bistro overlooking the beck waterfall. Patrons may explore the interesting gardens to rear of the Mill Yard. The Crown Inn serves meals Fri to Sun with limited opening hours. Morland's treasure is the Church of St Lawrence with the only Saxon tower in the NW. Later the Normans added their architecture style; the nave and chancel are 13 th century.	A02	B02, B03	C01	
50	Mungrisdale	(90 / NY 363 302)	The Parish of Mungrisdale, set in the northern fells of the Lake District, is made up of eight hamlets. St Kentigern's Church in Mungrisdale is a small church with a simple interior. It contains some interesting features, including the three decker pulpit. The East window has clear glass, looking out onto the fells. The Mill Inn Mungrisdale is open daily for breakfasts, elevenses, lunches, teas and evening meals. Nearby (1.5 miles north of Mungrisdale) - Mosedale has a Quaker meeting house (90 / NY 356 322) dating from 1702, with sandstone columns and panelling. It is open to visitors during the summer months.	A06		C02	
51	Newbiggin on Lune	(91 / NY 705 052)	Small village near source of River Lune. The Lune Springs Garden Centre Café open daily serves freshly made cakes , snacks, drinks and light meals. To the south lay the Howgill Fells a range of hills described by Wainwright as like a herd of sleeping elephants. Nearby to the north is Smardale Gill viaduct (91 / NY 727 069) on the dismantled South Durham & Lancashire railway between Tebay and Kirkby Stephen East railway station. The viaduct can be accessed by footpath.		B02		

Sort				Ride Groupings			
Ref	Placename	Location	Description	A	B	C	D
52	Newbiggin (Stainton)	(90 / NY 472 289)	Small village on old droving route. There are at least six other villages in Cumbria with the same name, which is derived from the Old English 'new biggin', or new house. Locally this village is referred to as the "Stainton Newbiggin," to distinguish it from the others. Geologically situated on a junction between carboniferous limestone and Penrith sandstone. There is a line of springs and wells which runs through the village on the common used as 'public watering places' and has a number of springs with a series of ancient stone troughs and culverts. These were used for watering stock on the way to market (See notice boards on the greens). The area at the north end of the village is known as 'Clickham,' a name associated with drove routes – hence the " Clickham Inn " beside the Greystoke road. The former Cockermouth, Keswick and Penrith Railway ran through the north end of the village, where a station was situated. The railway bridge abutments can still be here – an adjacent field is often used for grazing Alpaca.			C05	D02, D06
53	Newton Reigny	(91 / NY480 315)	The nearest village to Newton Rigg Campus. The Rising Sun Inn dating from 17 th century serves meals at certain times. Saint John's church rebuilt in 1876 retains some 12 th and 13 th century parts. Opposite church is a longhouse consisting of a barn, living quarters, and byre under one roof. Catterlen Hall nearby (91 / NY 478 321) is a fortified house with arch over road,	A01, A04	B03, 4, 5 & 6	C02, C05	D02, 4, 6
54	Orton	(91 / NY 622 082)	Small village at foot of Orton Scar to the north, with views of The Howgill Fells to the south. Village green with public toilets, George Hotel, Silver Yard Bistro café and " Chocolate factory " café all serve meals . Village Store / PO. Wainwrights 'Coast to Coast' walk passes through the village. All Saints Church is dominated by the 16th Century perpendicular tower, which has a fine peel of eight bells. The building dates from the 13th Century, but has had several restorations both inside and outside. One mile east of Orton is the ancient Gamelands stone circle (91 / NY 640 082) – some 100 yards in circumference. Although one of the largest in Cumbria, all of its stones have tumbled, and none is higher than one yard, so is infrequently visited, though access is easy. George Whitehead, who with George Fox, was one of the founders of the Quakers, was born here in 1636.	A02	B02		
55	Penrith - Beacon Edge	(90 / NY 512 310)	Standing north of the town the wooded signal-beacon hill above Beacon Edge road is naturally named " Beacon Hill ". Traditionally, the Beacon Pike on top of the hill was used to warn of approaching danger from Scotland. Today, although surrounded by a commercial woodland owned by Lowther Estates, the hill still contains some natural woodlands and is a popular local and tourist attraction. On a clear day the majority of the Eden Valley, local fells and Pennines can be seen to the east and parts of the Northern Lakes fells can be seen to the west.				D07
56	Penrith Town	(90 / NY 515 302)	Penrith once the capital of Cumbria and is the hub of the Eden Valley. Other local rivers bounding the town are the River Lowther and the River Petteril. A partially man-made watercourse, known as Thacka Beck, flowing through the centre of the town provided the main water supply for many centuries. The town is now an important shopping centre well served with shops, supermarkets, banks, hotels, pubs, cafes and all services. There are public toilets in Little Dockray & at the Bus Station. A legendary giant is said to be buried in the giant's grave in St Andrew's Churchyard. The four hogback stones surrounding the grave are said to represent wild boar he killed in nearby Inglewood Forest. The town centre Clock Tower was erected in 1861 to commemorate Philip Musgrave a local dignitary. Facing the railway station, the ruins of Penrith Castle are maintained as a visitor attraction by English Heritage. The recently refurbished museum displays some history, geology and archaeology of the Penrith area (FOR FURTHER INFORMATION REFER TO PAMPHLETS AT CAMPUS HQ OR IN THE PENRITH TOURIST INFORMATION OFFICE).	A02	B01, 2, 3	C04	
57	Plumpton	(90 / NY 498 371)	A small village with houses spread along a minor road off the A6. It has a General Stores / PO on the A6; drinks, cakes, snacks & light meals available at the Coral Room Café at Calico Aquatics east of the A6 (90 / NY 500 371) [closed Tue, Mon - Sat 9:30 to 4:00, Sun 10:00 to 4:00] and the Pot Place Garden Centre Café just west of railway bridge (90 / NY 487 370). The Pot Place café (open 10:00 to 4:00 daily) stands on the site of the former Plumpton railway station yard. St John the Evangelist church (near the school hidden in a cul de sac) is a " modern " (1907) building with a pele-like tower. Plumpton has seen its share of crime over the years. In October 1885 Constable Joseph Byrne set out to arrest three violent criminals seen on the railway track. When intercepted by the constable they shot him and he died before a doctor could reach him. The criminals were caught and hanged in February 1886. A memorial to Constable Byrne can be seen in the wall beside the entrance to a modern housing development. In 1920 Percy Topliss, the 'Monocled Mutineer', an army deserter and murderer, was cornered by police at Plumpton and was shot and killed while resisting arrest.	A03	B03, B05	C03	D04
58	Pooley Bridge	(90 / NY 470 244)	Stands at the northern tip of Ullswater on the River Eamont and is a busy tourist centre with two cafes, three pubs and several shops. The public toilets are fee paying. Granny Dowbekin's Tearoom by the bridge serves drinks, cakes, snacks & full meals and makes a speciality soft bake " Pooley Gingerbridge " in the shape of Pooley Bridge (developed to celebrate 250 years of the bridge).The name Pooley Bridge derives from a large pool in the River Eamont," The Hill by the Pool ". The ' Bridge ' part of the name was added in 1800. Ullswater Steamers depart from the nearby here offering trips along the 7 mile lake to Howtown and Glenridding at the southern end of the lake.		B01	C02	D05
59	Rheghed	(90 / NY 498 283)	An all weather, all year round visitor centre situated in the UK's largest grass covered building. The site centrepiece is a six storey high cinema screen, the biggest 3D screen in the NW. There are a selection of cafes with fresh local food with a number of specialist craft, art shops and an outdoor clothing shop. There are outdoor and indoor play facilities and hands on workshops.				D02

Sort				Ride Groupings			
Ref	Placename	Location	Description	A	B	C	D
60	Rossthwaite	(90 / NY 257 145)	Village south of the “ Jaws of Borrowdale” with a hotel / pub and café. The Flock in Tea Room is a haven for walkers & cyclists (90 / NY 257 148).	A06			
61	Sedburgh	(97 / NY 657 921)	An old market town at the confluence of four rivers, where ancient trade routes merged. It is dwarfed by the Howgills (some of Alfred Wainwright's favourite fells). Famous for its public school, set in magnificent parkland. Has a fine Norman church (St Andrew's) . The town has many shops and cafes and public toilets near the market car park. Sedbergh is the English “ Book Town ” - a community of businesses involved in selling, writing, publishing and designing books and other publications. George Fox, founder of the Quakers, preached both in the churchyard of St Andrew's, and in the nearby Brigflatts Meeting House. Just outside the town is Fairfield Mill former Victorian woollen mill with heritage exhibits, arts & crafts. A café (open daily) serves drinks, cakes, snacks & full meals and is best accessed by descended the steep path to the rear of the mill .	A02			
62	Shap Village	(90 / NY 562 155)	The village consists of two long lines of grey stone houses lining the A6. Prior to completion of the M6 in 1970 the A6 over Shap summit at 1350 ft formed the main north-south route linking the industrial areas of north-west England with Scotland. The route was busy and hazardous in poor weather . Often in winter the road became snow-bound and impassable. A memorial stands at the summit “ to the drivers and crew of vehicles that made possible the social and commercial links over Shap Fell “. Shap has more recently built up around its quarrying activities for limestone, blue granite and pink granite. The ruined Shap Abbey about half a mile west of the village (90 / NY 548 154) stands in a picturesque setting by the River Lowther.. Facilities include cafés, public toilets, pubs and stores. Also a New Balance running kit Factory Shop Outlet.		B01, B03		
63	Stainton	(90 / NY 485 284)	Small village near Penrith beside the busy A66. The Lofthouse Farm Shop & Café serves freshly baked cakes & meals (90 / NY 485 284). By the small green are - Shop / PO, the Kings Arms pub and Brantwood Hotel. The Alpaca Centre (90 / NY 488 277) – the first alpaca products retail outlet in the county has a small café serving drinks and cakes only. Alpacas can be viewed in paddock or from the tearoom				D02
64	Tebay	(91 / NY 619 045)	Ex railway village on West Coast Railway Line. Attractive pastel coloured terraced houses. Old School House Café (91/ NY 618 045) welcome stop on long rides	A02			
65	Teesdale	See entries in column to right	High Force Hotel (91 / NY 885 286) High Force waterfall nearby. Langdon Beck pub (91 / NY 853 312) are welcome stops on long rides. Yad Moss summit (91 / NY 781 357) near sources of River Tees & River South Tyne at Cumbria / Co Durham boundary.	A05			
66	Threlkeld	(90 / NY 320 253)	A small village under the shadow of the Blencathra (or Saddleback) it lies on a narrow road winding its way through old cottages, and is now bypassed by the A66. The village hall “Threlkeld Public Room” has served the village for a hundred years and operates a café (at rear) open daily that serves drinks, cakes, snacks & full meals. There are public toilets at the rear of the Public Room. The Horse and Farrier Inn and The Salutation Inn are open daily (no food at the Salutation on Mons & Tues). The village was a minor ‘boom town’ at the start of the 20th century when quantities of zinc and lead were discovered in the area. Quarrying for granite continued until the 1980's. Threlkeld formerly had its own station on the Cockermouth, Keswick and Penrith Railway, on the opposite side of the valley. Today the railway line is a footpath and cycle track linking Threlkeld to Keswick.	A04, A06	B04		
67	Uldale - Maes Gallery	(90 / NY 250 370)	A small village in a traditional sheep farming area dating back to medieval times. The Old School (89 / NY 250 368) now a tearoom and gallery (Maes Gallery) is open daily and serves drinks, cakes, snacks & full meals.	A06			
68	Unthank	(91 / NY 453 361)	Imaginative combination of Coffee Shop / Restaurant, Art Gallery, Gift Shop and Puppet Theatre housed in a building dating from the Elizabethan era with many new buildings created to allow the gallery to grow. Open 6 days a week (closed on Mondays). The coffee shop serves a delicious menu of vegetarian food throughout the day from 10.30am – 4.30pm. Unusual gifts, greetings cards, jewellery and puppets (a spin off from the on site puppet theatre) are available in the shop.Unthank is thought to mean land held without consent (a squatter's holding) or a derogatory term for " unthankful land " i.e. land difficult to cultivate.		B05	C03	D04
69	Wetheral	(86 / NY 466 545)	Pleasant village standing above the River Eden on the Carlisle – Newcastle railway consisting of mainly large houses, grouped around a spacious village green. In one corner of the green stands Wetheral Cross that previously stood in the centre of the green. The church of Holy Trinity east of the green is early 16th century as an octagonal tower in a commanding position overlooking the river. Just south of the church stood Wetheral Benedictine Priory ; only the gatehouse remains to day. An impressive railway viaduct passes over the River Eden 100 feet above the river. A footpath goes across the viaduct between Wetheral station and Great Corby. At the north of green the Shop / PO has a café, Fantails Restaurant has a good reputation for quality meals and service ; a cul de sac to the railway station allows access to the Crown Hotel.		B05		
70	Wheyrigg Hall Hotel	(85 / NY 193 488)	Good for 11's, lunch or tea. Welcome stop on long rides. Family run business.	A01			
71	Wigton	(85 / NY 256 483)	Industrialised market town. Country Kitchen Café (85 / NY 255 483), The Glasshouse Café (85 / NY 254 484) plus other cafes & full range of shops.		B05		

Ref	Town	Region	Name	Phone	rea code/Ma	Grid Ref	Comments	
1	Abbeystown	Solway	Wheyrigg Hall Hotel	01697 361 242	85	193 489	On B5302, 4 miles west of Wigton, 1.5 ml SE of Abbey Town	
2	Alston	Pennines	Blueberrys Tea Shop & Coffee House	01434 381 928	86	719 465	Market Place Alston CA9 3QN	
3	Annan	Scottish Solway	Café Royal, 95 High Street	01461 202865	85	195 665	OK for start or finish of ride, opens early Sunday morning	
4	Annan / Kirk'P Fleming	Borders	Westlands Activity Centre	01461 800274	85	253 690	Yvonne Kelly. Email - info @westlands-activities.co.uk	
5	Appleby	Pennines	Bo Jangles	017683 52662	91	684 204	Bridge Street	
6	Appleby	Pennines	Eden River Café	01768 354 119	91	684 204	Bridge Street	
7	Appleby	Pennines	Tastes of Eden	0871 5298346	91	683 204	Gluten Free food available. Facing Library - 1 Low Wiend. Close Sunday	
8	Appleby	Pennines	The Bay Tree Café	017683 53700	91	684 204	Above shop on bridge. 1 Bridge street. Closed Sundays	
9	Armathwaite	Eden Valley	Fox & Pheasant Inn	01697 472 400	86	508 496		
10	Aysgarth	Dales	National Park Centre Café	01969 662910	98	011 888		
11	Bampton	Penrith	Mardale Inn	01931 713244	90	51 5 182	gone up market but see website	
12	Beckfoot	Solway Coast	Bank Mill Nursery (Dunes Coffee Shop)	01900 881 340	85	087 478	3/4 mile North of Mawbray by the B5300	
13	Birdoswald	Hadrians Wall	Roman Wall Visitor Centre	01697 747 602	86	615 664		
14	Bowness on Solway	Solway	Kings Arms	01697 351 426	85	223 627	OK for lunch on Sundays	
15	Brampton	Carlisle	Capon Tree Café	01697 73649	86	529 611	Not on Sunday	
16	Brampton	Carlisle	Oakbank Nurseries, Longtown Road	01697 73908	86	524 617	Opened Oct 2006	
17	Brough	Pennines	Chofh's Tearoom & Takeaway	01768 342 800	91	795 146	NOT OPEN ON SUNDAY	
18	Brough	Pennines	Village Stores	01768 341 260	91	795 147	OPEN 7 DAYS A WEEK	
19	Brougham	Penrith	Fusion Café, Brougham Hall	01768 867 888	90	528 283		
20	Caldbeck	NE Fells	Old Smithy Café	01697 478 246	90	324 398		
23	Culgaith	Pennines	Hazel Dene Garden Centre Café - Mrs Miller's	01768 88252	91	605 295		
24	Dalston	Carlisle	Country Kitchen	01228 711 431	85	369 502	Tues to Sat 10:0 am to 4:00 pm	
25	Dalton	Borders	Dalton Pottery	01387 840 236	85	108 737	On B725 West of village	
26	Dent	Dales	Stone Close Tea Room and B & B	015396 25231	98	705 870	New proprietors. Email – stoneclose@btconnect.com	
27	Eskdalemuir	Borders	Samye Ling Buddhist Centre	013873 73232	79	247 003		
28	Gilsland	Hadrians Wall	House of Meg Tea Rooms	01697 747 777	86	633 663	4 Hall Terr, CA8 7BW. Opened May 07. houseofmeg@yahoo.co.uk	
29	Gilsland	Hadrians Wall	The Samson Inn	01697 747 220	86	636 664		
30	Glasson	Solway	The Highland Laddie Inn	01697 351 839	86	254 605		
31	Glenridding	Lakes	Ratchers Bar, Glenridding Hotel	01768 482289	90	387 168		
32	Grasmere	Lakes	Garden Centre	015394 35255	90	336 073		
33	Grasmere	Lakes	Greens Café & Bistro	01539 435 790	90	337 075	Can supply Gluten Free foods	
34	Greenhead	Hadrians Wall	Greenhead Tea Room	01697 747 700	86	659 654	Re opened April 2012	
35	Greenhead	Hadrians Wall	The Greenhead Hotel	01697 747 411	86	662 654	Facing Old Forge Tea Rooms	
36	Greystoke	NE Fells	Poplin Dub Cottage	01768 483 984	90	439 313	Barn at rear always acessable - DIY flapjack & drinks - honesty box	
37	Gunnerside	Dales	Kings Head Inn	01748 886 126	92	952 982		
38	Harker	Carlisle	The Bay tree Café	01228 672 939	85	396 608		
39	Hartside	Pennines	Hartside Top Café	01484 381 036	86	646 418		
40	Hawes	Dales	Penny Garth Café	01969 667 066	98	869 898	email - info@pennygarth.co.uk	
41	Haweswater	Lakes	Haweswater Hotel	01931 713 235	90	483 138		
42	Hayton	Carlisle	Gelt House Farm Tea Room	01228 670 772	86	506 588	Off A69. Open daily 10:00 am to 16:30 (to 17:00 in Summer)	
43	Hesket Newmarket	NE Fells	The Village Shop , PO &and Tea Room	01697 478 229	90	381 387	Contact Dianne	
45	High Heskett	Penrith)	Dirty Harry's	01697 473 552	85	407 437		
44	Houghton	Carlisle	Houghton Hall Garden Centre	01228 400 610	85	412 594		
46	Keswick	Lakes	Filling Station Café	01768 772 103	89	264 242	Front of Crosthwaite garage - facing Pheasant Inn	
47	Keswick	Lakes	Nichol End Yacht Club	01768 773 687	90	255 228		
48	Keswick	Lakes	The Coffee Lounge	01768 777075	90	266 235	Open on Sundays	
49	Kirkby Stephen	Pennines	Pink Geranium	01768 371 586	91	775 087	Facing Mulberry Bush	
50	Kirkby Stephen	Pennines	Mulberry Bush Café	01768 897 700	91	775 086	Facing Pink Geranium	
51	Lanercost	Hadrians Wall	Priory Restaurant & Tea Rooms	01697 732 229	91	555 636		
52	Langholm	Borders	Pelosis Café, Market Place	01387 381 250	79	360 848		
53	Langwathby	Penrith	Brief Encounter Café Restaurant	01768 881 902	91	573 334	Open 7 days 9 am to 5 pm April to Oct, 10 am to 4 pm Mar, Nov, Dec	
54	Little Salkeld	Eden Valley	Water Mill	01768 881 523	90	566 360		
55	Lockerbie	Borders	Café 91 Restaurant, 91-93 High Street DG11 2DA	01576202 379	78	136 816	Open on Sundays	
56	Longtown	Borders	Sycamore Tree Café, 40 / 42 Bridge Street	01228 791 919	85	379 687	Open daily 9:00 to 5:00 (except Sundays)	
57	Mawbray Hayrigg	Solway	The Gincase	016973 32020	85	992 491		

Ref	Town	Region	Name	Phone	area code/Mileage	Grid Ref	Comments	
58	Melkinthorpe	Penrith	Abbot Lodge	01931 712 720	90	545 247	Dairy Ice Cream farm	
59	Melmerby	Penrith	Melmerby Bakery	01768 897 700	91	615 374	Open 7 days 9:00 to 5:00	
105	Melmerby	Pennines	Melmerby Stores & Tearoom	07763 149382	NY	616 373	open 0800-1700 except W & Sun 0800/0900-1300	
60	Middleton in Teesdale	Pennines	Café 1618	01833 640300	91	947 255		
61	Middleton in Teesdale	Pennines	Countrystyle Bakery & Teashop	01833 640924	92	947 255		
104	Middleton in Teesdale	Pennines	Cafe Fresh 7 Horsemarket	01833 641527	NY	948 254		
62	Moffat	Borders	Rumblin Tum	01683 221 962	78	084 053	0830 - 1700	
63	Morland	Penrith	Millyard Restaurant	01931 714 155	91	599 225	0900 - 1600 closed Mondays & Tuesdays	
64	Mungrisdale	NE Fells	The Mill Inn	01768 779 632	90	363 303		
65	New Biggin on Lune	Pennines	Lune Spring Garden Centre	01539 623 318	91	707 053		
66	Newcastleton	Borders	Copshaw Kitchen	013877 75250	79	484 875	10-5pm Monday to Saturday (closed Tuesday)	
67	Newcastleton	Borders	The Olive Tree Café	01387 375 479	79	482 874		
101	Orton	Penrith	Orton Sca Café	01539 624421	91	623 083		
69	Plumpton	Penrith	Pot Place	01768 885 500	90	487 371		
70	Pooley Bridge	Lakes	Granny Dowbekins	01768 486 453	90	471 245	winter 1000-1600	
71	Port Carlisle	Solway	Hope & Anchor Inn	01687 351 460	85	240 622		
103	Portinscale	Lakes	The Chalet Tearooms	01768 772757	NY	252 235	everyday 0900-1700	
72	Powfoot	Scottish Solway	Powfoot Golf Hotel, Links Ave DG12 5PN	01461 700 254	85	147 655	On Sustrans Route 7, John@powfootGolfHotel.co.uk. 3 miles SW of Annan	
73	Renwick	Pennines	Methodist Church Hall	01768 898 164	86	597 436	Wednesdays only - Arrive by 10:30 - Like to start clearing up by 10:55	
74	Seaville	Solway	Cups & Saucers Farm Tearooms	016973 31215	85	155 533		
75	Sedburgh	Pennines	Howgills Bakery & Tearoom	01539 621058	98	658 921	Mon to Sat 9am to 5 pm	
76	Shap	Penrith	Cream 17 Café	01931 716 238	90	566 150	Shap main road (A6)	
77	Silloth	Solway Coast	Blue Dolphin Café, Withpool Street		85	110 535		
78	Stainton	Penrith	Greystone House Tea Room	01768 866 952	90	485 285	Greystone House Farm Shop	
79	Staveley	S Lakes	Wilfs Café	01539 822 329	97	472 983		
81	Thornhill	Borders	Drumlanrig Café	01848 330317	78	879 955		
82	Thwaite	Dales	Kearnton Country Hotel	01768 886277	98	893 983		
83	Troutbeck	Penrith	Cocklakes Café (Highgate Turkey farm)	017684 838 85	90	405 278	Off A66 facing Sportsmans Inn beyond Troutbeck (Tel may be farm)	
84	Uldale	NE fells	Maes Café	01697 371 778	90	250 368		
85	Unthank	Penrith	Upfront Gallery	01768 484 538	90	452 360	Closed Mon (Except Bank Hols)	
86	Walton	Hadrians Wall	Rambling Rose Tearooms	01697 741 926	91	521 644	Walton Village Hall (was at Oakbank Brampton) Props : Denise & Andy	
87	Watermillock	Lakes	Aira Force Tearooms	01768 482 262	90	399 199	National Trust site ?	
88	Wetheral	Carlisle	Coffee shop at Post Office		86	466 545		
102	Wetheral Shield	Carlisle	Oak Tree Animal's Charity	01228 560082	90	463 525	Open 10am-4pm 7 days a week	
89	Wigton	Solway	Granary Coffee Shop, 4 Market Place	07748 835 762	85	255 485	Open Mon - Fri 8 - 4, Sat 8 - 3	
106								